

Hakonson has eye for sighting problems with Spirit players

Iridologist assists Spirit of Stouffville with physical well being

BY BRUCE STAPLEY
Correspondent

Hiedi Hakonson has her sights set on looking into the eyes of the players who make up the roster of the Spirit of Stouffville Provincial Junior A Hockey Club.

The wife of Spirit founder and co-owner Ed Hakonson, she is a registered iridologist who promotes a form of natural healing based on what is revealed in one's eyes.

Operating a practice called Second Wind out of the Hakonsons' Stouffville area home, she also offers her clients the benefits of reflexology, therapeutic touch, ear candling and aromatherapy in an attempt to provide the means to achieve overall wellness.

Hakonson says the eyeball contains the key to deciphering one's entire physical and emotional state of being.

"The iris tells so much about the strengths and weaknesses of the body," she says.

Iridology, which is the reading of the iris through a magnifying glass, enables the qualified practitioner to ascertain the nature and extent of diseases, injuries and other stresses on the body, both recent and long past.

Holistic treatments are then determined, including a program of proper nutrition.

"I'll look in the eyes and they'll pinpoint landmarks which tell me which organs or systems need extra support."

Reflexology and therapeutic touching, which involve manipulating the feet, go hand in hand with iridology, Hakonson says.

"There are reflexes in the feet that correspond to every part of the body. I can look into the eye and that tells me which part of the foot to focus on."

The healing process can then be initiated through the manipulation of the feet, she says.

The use of anti-fungal and anti-bacterial oils derived from flowers, herbs and spices can also be applied to the feet or the affected area to speed up natural healing.

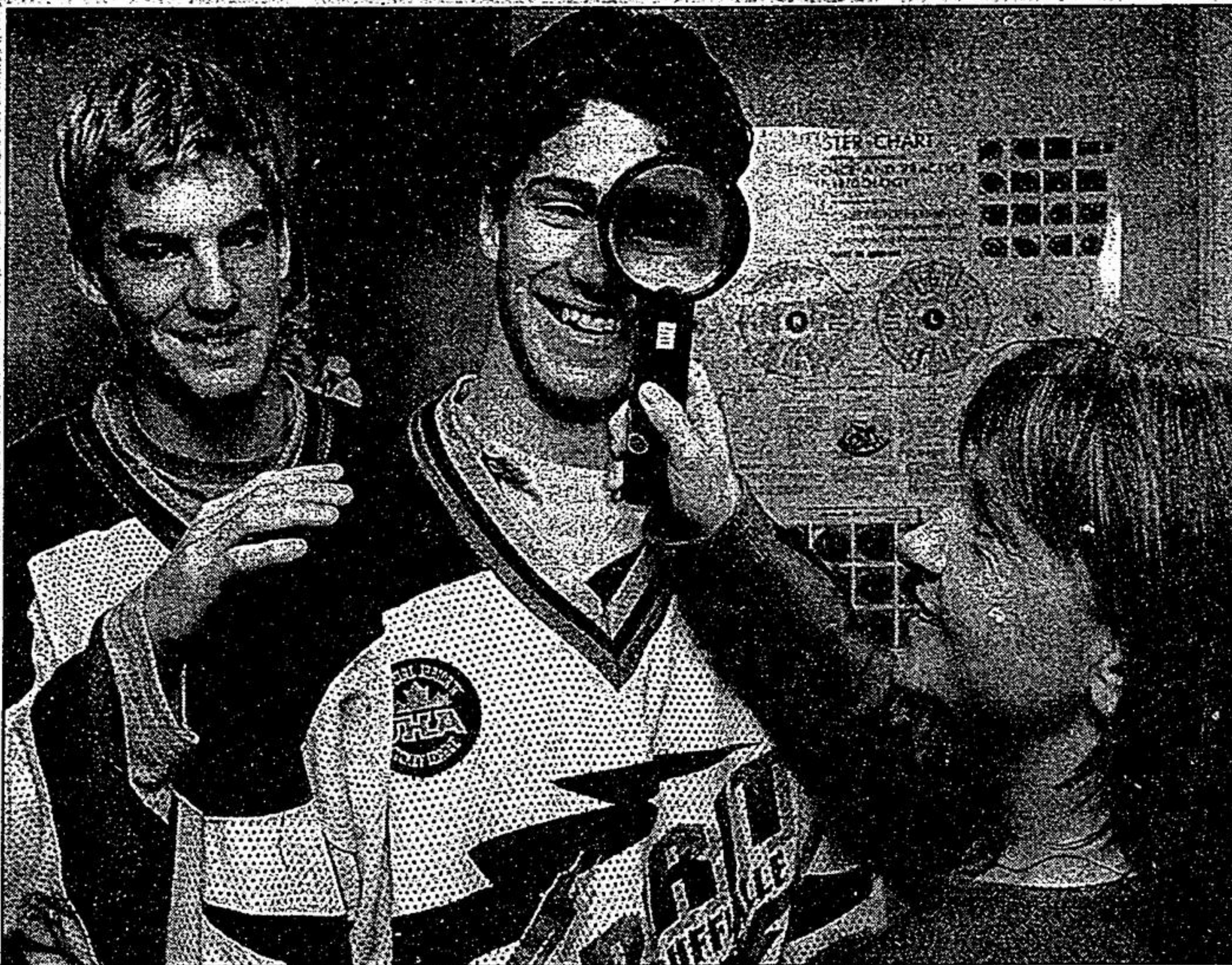
Hakonson says her practice can be of particular assistance to athletes whose bodies are constantly undergoing the rigours, stresses and injuries of body contact sports.

"I can work on an injured area by working the feet and I don't even have to touch the injured spot."

She suggests a look into a player's eye can help with a preliminary diagnosis in the case of a possible serious injury.

"I can study the eye to see the damage and to see if it's a break or a tear then tell them to go have it X-rayed."

With three members of the Spirit, captain Dan Oshell and brothers Daniel and Sean Speer, billeted in the Hakonson home this sea-



STAFF PHOTO/SJOERD WITTEVEEN

Iridologist Hiedi Hakonson zeroes in on the iris of Stouffville Spirit player Sean Speer, 17, as his brother Dan, 15, waits his turn.

son, Hakonson doesn't have to look far for potential patients.

"Dan Oshell will come to me and ask about the proper nutrition to deal with a stiffness of a joint. I'll guide him through some foods and give him some natural external pain killers."

Some of Hakonson's practices are familiar to Daniel Speer.

"My mother uses some of the same programs in her work with handicapped kids in my hometown of Thunder Bay," Speer says.

DEALING WITH ACHES AND PAINS

Spirit players visiting the Hakonson house can also take advantage of her naturalist approach in dealing with their aches and pains or their overall nutrition.

"They'll come over and we'll chitchat," says Hakonson.

"They're curious. They'll ask me questions then they'll listen to my answers. This is all new to them in most cases."

Hakonson feels athletes will come to depend more and more on the services of practitioners like herself over the next few years.

"In order to perform at an optimum level you must have good nutrition. And in order to determine their individual needs you have to be able to look into their eyes. That tells you what's going on inside their bodies."

A nursing home nurse's assistant for five years before beginning her practice in 1991, Hakonson was required to undergo specific training and practice before becoming a regis-

tered reflexologist and iridologist.

She also has her certificate in therapeutic touch and ear candling.

Hakonson is quick to point out her role is to prescribe a program of natural healing. Patients are informed of conditions that may require the treatment of a medical doctor.

"I can't diagnose, I can only recommend. Iridology is a complimentary healing modality (to conventional medical practice)."

Hakonson suggests a program of personalized holistic nutrition, along with healing based on natural oils and tonics, can go a long way toward achieving a state of enhanced physical and emotional health for athletes and non-athletes alike.

"It can help provide a positive attitude, an overall feeling of well being. By teaching proper nutrition you help them feel and look better, and have more energy."

She stresses the importance of the link between the physical and the emotional.

"The organs or areas of the body that need support tie in emotional aspects of one's overall condition. Emotions trigger disease, and if they are eating improperly that worsens things."

Hakonson sees the day fast approaching when all athletic therapists used by sports teams will incorporate such practices as iridology and reflexology into their own approach.

"I know I can make athletes perform better. And I can maximize the healing and cleansing process."



Bruce Stapley

Juniors have a Spirited stretch run

The lines been drawn as the Spirit of Stouffville anxiously await the Ontario Provincial Junior A Hockey League playoffs.

There will be no late season additions, no hired guns or beefy defence men parachuted in to bolster the club which will be out to win its first ever post season game come February.

"The trade deadline was last Monday," noted Pat Madigan, Spirit vice-president in charge of hockey operations, who, along with general manager Dieter Schmidt, worked the phones to no avail in an attempt to augment the club.

Madigan said the Spirit's inability to swing a deal or two was typical of the lack of inactivity throughout the entire league as teams were reluctant to do anything that might result in giving someone else an edge. So it's up to the Spirit players who have been carrying the mail all season to get the job done.

"We just looked at the boys and said 'Start doing push-ups,'" Madigan said.

In past seasons, a failure to add a few recruits before the trade deadline would be cause for concern for the Spirit. But this year's crew is on a roll heading into the final eight games of the regular season. The club was riding a five-game winning streak before suffering a 6-4 loss to the Newmarket Hurricanes before close to 500 onlookers at the rec centre, Saturday.

Madigan suggested the key to what appears to be the Spirit's first ever 500 plus season lies in a well-balanced lineup.

"We're seeing the results of some good picking by the coaches. Brian (Perrin, head coach), Ken (Burrows) and Craig (Donovan) deserve all the credit."

Unlike in past seasons, the Spirit don't have at least two players at or near the top of the conference scoring race. After Michel Bond, who sat 12th in the scoring race entering January, the next Spirit players were Mike Tucciarone, J.D. Smithson and Chris Large, 26th, 27th and 28th respectively.

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